## CHOKER BASKETBALL CAMP

BASKETBALL NEVER STOPS

with Aberdeen Parks & Recreation

Monday, August 18th through Thursday, August 21st 9:00 a.m. to 12:00 p.m.

@ AHS Sam Benn Gym

\$40.00

Grays Harbor Choker Women's Basketball Coach, Chad Allan, and his players will be conducting a basketball skills clinic for girls and boys in the 5th through 8th grades. Each camper will receive a camp t-shirt.

Contact the Aberdeen Parks and Rec at 537-3230 or dfarmer@aberdeenwa.gov



Detach and Mail to: Aberdeen Parks & Recreation, 200 East Market St., Aberdeen, WA 98520
\*Make checks payable to the City of Aberdeen

| Name           |        |       | Phone <i>A</i> |       | ge Gender M or F |              |
|----------------|--------|-------|----------------|-------|------------------|--------------|
| Address        |        |       |                | City  |                  | Zip          |
| Shirt Size (Yo | outh): | Small | Med            | Large |                  | Fee: \$40.00 |
| (Ad            | ,      | Small | Med            | · —   | X-Large          |              |

I hereby, for myself, my organization, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Aberdeen/Hoquiam Departments of Parks and Recreation, the Grays Harbor Community College, the Aberdeen/Hoquiam School District, or any organization in whose building or grounds this activity is being held, and any instructors or person of these departments for injuries received in participating in any activity sponsored by the Aberdeen/Hoquiam Departments of Parks and Recreation.

PARENT OR GUARDIAN SIGNATURE

**Choker Basketball Camp 2014** 

\*\*ALL PARENTS/GUARDIANS AND PARTICIPANTS MUST READ, UNDERSTAND, AND SIGN THE CONCUSSION INFORMATION SHEET ON THE BACK!

The City of Aberdeen does not discriminate against or exclude anyone from participation. Please contact the Parks & Recreation Department at 537-3230 (for TDD, dial 533-6668) at least five working days in advance for ADA accommodation requests.

## City of Aberdeen, Parks & Recreation Department

## **Concussion Information Sheet**

## Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 6/15/2009

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

| Symptoms may include one or mor   | e of the following:   |  |   |  |  |  |
|---|---|--|---|--|--|--|
| Headaches "Pressure in head"  |   |  | Nausea or vomiting  |  |  |  |
| Neck pain   | Balance problems or dizzines  | SS   | Blurred, double, or fuzzy vision  |  |  |  |
| Sensitivity to light or noise Feeling s   | sluggish or slowed down Fe  | eeling foggy or g  | roggy   |  |  |  |
| Drowsiness  | Change in sleep patterns  | Amnesia  |   |  |  |  |
| "Don't feel right"  | Fatigue or low energy   |  | Sadness   |  |  |  |
| Nervousness or anxiety  | Irritability  |  | More emotional  |  |  |  |
| Confusion   | Repeating the same question   | n/comment  |   |  |  |  |
| Concentration or memory problems  | (forgetting game plays)   |  |   |  |  |  |
| Signs observed by teammates, pare   | ents and coaches include:   |  |   |  |  |  |
| Appears dazed   | Vacant facial expression  | Confuse  | d about assignment  |  |  |  |
| Forgets plays   | Is unsure of game, score, or o  | opponent   | Moves clumsily or displays incoordination   |  |  |  |
| Answers questions slowly Slurred s  | speech  | Shows b  | nows behavior or personality changes  |  |  |  |
| Can't recall events prior to hit  | Can't recall events after hit   | Seizures   | Seizures or convulsions   |  |  |  |
| Loses consciousness   | s consciousness Any change in typical behavior or personality   |  |   |  |  |  |
| What can happen if my child keeps   | on playing with a concussion  | n or returns to s  | oon?  |  |  |  |
| symptoms of a concussion leaves t<br>from a concussion for a period of t<br>recovering from the first one. This<br>tating and even fatal consequence  | the young athlete especially<br>time after that concussion oc<br>s can lead to prolonged reco<br>s. It is well known that adol  | vulnerable to g<br>ccurs, particula<br>very, or even to<br>escent or teena   | play immediately. Continuing to play with the signs and reater injury. There is an increased risk of significant damage rly if the athlete suffers another concussion before completely severe brain swelling (second impact syndrome) with devasge athlete will often under report symptoms of injuries. And s, parents and students is the key for student-athlete's safety.  |  |  |  |
| If you think your child has suffered  | a concussion  |  |   |  |  |  |
| activity after an apparent head injunce. Close observation of the ath consistent and uniform implement several years: "a youth athlete who petition at that time" and "may not management of concussion and your child's coach if you think the | ury or concussion, regardles lete should continue for severation of long and well-estable is suspected of sustaining and return to play until the attend received written clearanchat your child may have a chat your child may have a characteristic succession. | ss of how mild i<br>eral hours. The<br>olished return t<br>a concussion or<br>chlete is evaluat<br>e to return to p<br>concussion. R | the game or practice immediately. No athlete may return to a seems or how quickly symptoms clear, without medical clear new "Zackery Lystedt Law" in Washington now requires the oplay concussion guidelines that have been recommended for head injury in a practice or game shall be removed from commended by a licensed heath care provider trained in the evaluation lay from that health care provider". <b>You should also inform</b> the ember its better to miss one game than miss the whole searmation on concussions you can go to: <a href="http://www.cdc.gov/">http://www.cdc.gov/</a> |  |  |  |
| Student-athlete Name Printed  | Student-athlet  | te Signature   | <br>Date  |  |  |  |

Parent or Legal Guardian Signature

Date

Parent or Legal Guardian Printed